



doTERRA Essential Oils Classes

\$13



Interested in learning more about the benefits of essential oils? Instructor Ellen Verlanic introduces a new line of classes featuring essential oils and has over four years of experience helping people with the power of oils. Each class will send you home with a different essential oil creation.

Wednesdays 6:30 pm – approximately 8:30 pm
Howard Village Hall Comm. Ctr., 2456 Glendale Ave.

Wednesdays 6:30 pm – approximately 8:30 pm
Suamico Municipal Services Ctr., 12781 Velp Avenue

Jan 11 Winter Wellness: Intro to Essential Oils

What are essential oils and how can they support our body during the seasonal threats to our wellness? Come learn at this interactive workshop including making a DIY natural hand sanitizer and rollerball remedy.

Feb 8 Love in the Afternoon

Valentine or perhaps enjoy a unique date? Join us for an afternoon of fun mixing your own personal infused treats. There will be a brief class sharing some of our favorite romantic oils before you begin to blend.

March 8 Soothing Everyday Discomforts and Winter Woes

Have your snow shovel and icy sidewalks become your enemy? New workout routine tensed your muscles? Come learn about simple, safe, natural options to take some of the sting out of life during the class on soothing options for supporting wellness. We will also share tips for getting a good night sleep!

April 26 Green Cleaning with Essential Oils

Come learn some tips and tricks for saving money and reducing toxic load by making over your cleaning cabinet! Take home a DIY house cleaner.

May 10 Essential Oils for Happy Healthy Kids

Enjoy this time of life even more with appropriate essential oil usage to help create more balance and peace in your home! Take home some soothing remedies to try. Tips for moms to be.

June 28 Essential Emotions: Balancing Mood, Mind & Sleep

This class is a fantastic opportunity to explore the science of emotions and essential oils and to experience how their impact can support our mental and emotional wellness as well as sleep. You will get to take two of your favorite supporting blends.

First & Last Name					
Parent/Guardians Names					
Gender	M / F	Birthdate		Class Name & Date:	
Experience	None	Beginner	Intermediate		
Street Address					
City, State, Zip					
Daytime Phone #		Evening Phone #			
Cell Phone #		Email Address			
Emergency Contacts Name		Emergency Contacts Phone #			

I understand participation in recreation programs involves an element of risk or danger for all participants and may cause serious injury, death or property loss and agree to assume these risks for my family and release the Village of Suamico, Village of Howard, Ellen Verlanic, its employees, and other participants from any liability for injuries and damages sustained while participating in these programs. I understand a physician's approval is encouraged prior to participation. If you do not wish to have your photo taken or do not want your or your child's photographs in Village publications, please notify the photographer and/or program instructor. I am providing personal information solely for the purpose of participating in Suamico recreation programs, and would not provide this information otherwise, and do not wish for this information to be shared with parties outside of the Suamico Recreation Department.

Signature _____ **Date** _____

Refund Policy
Refunds will be given up to the registration deadline or the start of the program, whichever comes first. No refunds will be given after a program starts or a deadline has been reached. Please be aware that a \$5 processing fee will be incurred on all refunds.

Village of Suamico • 12781 Velp Avenue • Suamico, WI 54313 • (920) 434-8410
For program information, please visit www.suamico.org.

OFFICE USE ONLY				
Date Registered:	Cash/Check/CC	Amount:	Receipt #	Staff Initials: